

## CLAIMS

### I claim:

1. A training bat system for a user, comprising:
  - a tubular member whose outer diameter over an area used for hitting the ball is smaller than the diameter of a conventional bat over an area used for hitting the ball having a bore extending within from an inner end to a distal end of said tubular member;
  - a plurality of weight members within said bore; and
  - an inner cap attachable to said inner end of said tubular member for retaining said weight members within said bore.
2. The training bat system of Claim 1, wherein said weight members are positionable.
3. The training bat system of Claim 1, wherein said bore is comprised of a consistent diameter.
4. The training bat system of Claim 1, wherein said weight members are comprised of varying weights.

5. The training bat system of Claim 1, wherein said weight members are comprised of varying sizes.

6. The training bat system of Claim 1, wherein said inner cap has a flanged portion and an extended portion.

7. The training bat system of Claim 7, wherein said extended portion is threaded for threadably engaging an interiorly threaded portion of said inner end.

8. The training bat system of Claim 1, including a compression spring positioned between said weight members and said inner cap.

9. The training bat system of Claim 1, wherein said tubular member is comprised of a plastic material.

10. The training bat system of Claim 1, wherein said tubular member is comprised of aluminum.

11. A training bat system, comprising:

a tubular member whose outer diameter over an area used for hitting the ball is smaller than the diameter of a conventional bat over an area used for hitting the ball having a bore extending within from an inner end through a distal end of said tubular member;

a plurality of weight members within said bore;

an inner cap attachable to said inner end of said tubular member for retaining said weight members within said bore; and

an outer cap attachable to said distal end of said tubular member for retaining said weight members within said bore.

12. The training bat system of Claim 11, wherein said weight members are positionable.

13. The training bat system of Claim 11, wherein said bore is comprised of a consistent diameter.

14. The training bat system of Claim 11, wherein said weight members are comprised of varying weights.

15. The training bat system of Claim 11, wherein said weight

members are comprised of varying sizes.

16. The training bat system of Claim 11, wherein said inner cap has a flanged portion and an extended portion.

17. The training bat system of Claim 17, wherein said extended portion is threaded for threadably engaging an interiorly threaded portion of said inner end.

18. The training bat system of Claim 11, including a compression spring positioned between said weight members and said inner cap.

19. The training bat system of Claim 11, wherein said tubular member is comprised of a plastic material.

20. The training bat system of Claim 11, wherein said tubular member is comprised of aluminum.